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LACOLLE CENTRE FOR EDUCATIONAL INNOVATION

1994 WINTER/SPRING WORKSHOP SERIES

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UNDERSTANDING AND MANAGING STRESS AND BURNOUT. Mismanaged stress lowers your resistance to disease and contributes to over 80% of today's health disorders. Identify stress traps and self-defeating strategies. Discover creative problem solving. Learn relaxation techniques, mind control, imagery training, assertive communication, goal planning and proper nutrition. LEADER: **Toni Giacobbe**, Director, Lifestyle Management Promotions. DATE: Saturday, February 5th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

DEATH AND DYING. All who are born must die and unless we die very young we will not be spared losing loved ones. Many people feel deepened by their awareness of death. Some people who feel death approaching claim to achieve a great deal of personal growth that leads to a sense of well being. In this course participants will explore death and its effects. LEADER: **Fran Gorbet**, B.A., has worked as a palliative care volunteer for several years. DATE: Saturday, February 12th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

TROUBLE-SHOOTING STRATEGIES FOR THE WORKPLACE. To deal with the "ups and downs" (including people in the hierarchy) of your workplace, you will develop some new strategies that will make you more efficient, more effective and more sure-footed at work and at play. LEADER: **Micki Vosko**, is a mental health consultant, a guidance counsellor, and a therapist in private practice. DATE: Saturday, February 19th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

CREATIVE WAYS TO SELF-EMPOWERMENT THROUGH ART THERAPY. An experiential workshop designed to provide practical approaches towards developing self-empowerment through art therapy techniques, written dialogue and relaxation. Participants will become familiar with their inner child, intuition and inner parent, personal aspects which can provide nurturance and guidance in daily living and lead to greater self-esteem, spontaneity, intimacy and choice-making abilities. No prior experience in art is required. LEADER: **Debra Herman**, M.A., is an artist and professional art therapist. DATE: Sunday, February 20th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

BODY CONNECTION. Explore ways to be more self-aware through breath, alignment, relaxation and movement exploration. Participants will look at freeing habitual patterns which block the natural flow of energy through the body and inhibit spontaneous expression. LEADER: **Jo Leslie**, teaches dance at the National Theatre School. DATE: Saturday, February 26th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

WOMEN, PERSONAL POWER AND SELF-ESTEEM. A workshop for women to explore how to use personal power to nurture themselves and others appropriately, create their own definition of success, face the fears that prevent the achievement of goals and live more fully by taking responsibility for their own lives. LEADER: **Kathryn McMorrow**, M.A. Clinical Psychology, gives seminars in business, education and social service settings. DATE: Saturday, March 12th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

TOWARDS A GOOD, BETTER, BEST COUPLE RELATIONSHIP. "Life is what happens to you when you're busy making other plans" (John Lennon). Learn new ways to grow in your relationship via visualization techniques, positive thought-processing, reframing, group exercises, saying NO and laughing. LEADER: **Micki Vosko**. DATE: Saturday, March 19th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

ANGER: THE MISUNDERSTOOD EMOTION. This workshop offers an opportunity to explore the nature and dynamics of anger, and the danger of denying or inappropriately expressing it. Participants will leave with a greater understanding of their anger patterns, and ways of using anger as both a signal and a tool to more effectively channel energy and communicate needs. LEADER: **Kathryn McMorrow**. DATE: Saturday, April 9th; 9:30 -4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

HOW TO GET PEOPLE TO LISTEN TO YOU: COMMUNICATING EFFECTIVELY. Be confident, competent, clear, consistent, pertinent, in all communications where you are called upon to inform, persuade, or motivate. Participate in this hands-on workshop. Make your communications skills work for you every time you speak. LEADER: **Elaine Creighton**, is president of a communications coaching and seminar firm, Communication Dynamique CGLC. DATE: Saturday, April 16th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

JOURNALS: WORKBOOKS FOR PERSONAL GROWTH. In journals, free from the restraints of formal writing, you can discover your natural voice and address and work through difficult personal issues. The workshop will provide tools to develop four approaches to journal-ing: cathartic, observational, intuitive and reflective writing. LEADER: **Monique Polak,** teaches English at Concordia University and Marianopolis College. DATE: Saturday, April 23rd; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

BEYOND LISTENING: BASIC COUNSELLING SKILLS FOR EVERYDAY LIFE. Many jobs are now requiring a knowledge of basic counselling skills. Drawing from the skills you have already acquired through life and work experience, we will build on these within a framework of counselling theory. Focus will be on the basic skills and attitudes necessary for effective counselling. Activities include self-assessment, case studies, group discussions and role plays. LEADER: **Kathryn McMorrow.** DATE: Saturday and Sunday, April 30th and May 1st; 9:30 - 4:00 p.m. respectively. LOCATION: Loyola Campus, Concordia University. Fee: $90.95

Multicultural Barriers in Obtaining Health Care. This workshop examines the dilemma of both immigrants and caregivers, unfamiliar with each other's cultures and traditions. The differences - cultural, traditional, linguistic and racial, particularly in trauma situations, will be explored using some typical case histories. Results and suggestions will be offered to improve misunderstandings that often lead to prejudice and racism. LEADER: **Milly Charon, M.A.,** author of *Between Two Worlds* and *Worlds Apart.* DATE: Saturday, May 7th; 9:30 - 4:00 p.m. LOCATION: Loyola Campus, Concordia University. FEE: $53.50

SPRING TUNE-UP: A GETAWAY WEEKEND FOR WOMEN. An opportunity to take some "time out" to assess your present level of well-being and try some new approaches to living fully. Activities include: presentations, personal reflection, group discussion, relaxation techniques and tai chi. An important aspect of the weekend will be the enjoyment of the natural surroundings as well as a chance to socialize and exchange ideas. **Leader: Kathryn McMorrow.** DATE: May 13-15th; (Friday evening, 8:00 p.m. to Sunday, 3:00 p.m.). LOCATION: Concordia's residential facility, Lacolle, Quebec. FEE: $160.50 (includes accommodation and meals)

(All workshop fees include GST)

REGISTRATION PROCEDURES: A separate registration form must be completed for each workshop. Make your cheque payable to **Lacolle Centre** and return with registration to: Lacolle Centre, Concordia University, 7141 Sherbrooke St. West, Montreal, Quebec H4B 1R6.

FEE REDUCTION: The registration fee will be reduced by half:
- if 5 or more people from the same contact/organization attend; or
- if one person registers for 4 or more workshops.
- *Exceptions: Beyond Listening: Basic Counselling Skills for Everyday Life, Spring Tune-Up: A Getaway Weekend for Women.*

REFUND POLICY: There will be no refunds two days prior to workshop.

CALL 848-4955 FOR MORE INFORMATION OR TO REGISTER.

REGISTRATION FORM: LACOLLE CENTRE

Workshop:_____ Date:_____

Name:_____

Address: _____ City:_____ PostalCode:_____

Telephone: (Home):_____ (Work):_____ Local:_____

Cheque enclosed: $_____

Concordia Participants:

Budget Code: _____ Authorized Signature:_____